



SING ONG TAI CHI

Balance with nature



The benefits of Sing Ong tai Chi

Why do you practice Tai Chi ?

My work (sales) is a source of constant stress. I am a nervous and hyperactive person and was looking for a way to reduce this stress and gain self control. I visited other Tai Chi schools in the greater Montreal region before I signed up for Sing Ong lessons. As far as I'm concern Master Lim's Sing Ong Tai Chi is the real school of Tai Chi in comparison with the "commercial" Tai Chi taught by others.

Master Lim is one of the rare Master teaching the art of Tai Chi based on discipline and the true values of this philosophy.

What benefits have you gain from practicing Tai Chi ?

Sing Ong Tai Chi brought me exactly what I was looking for and much more. My body was reacting negatively to the stress by causing back pains, abdominal stress, limited neck movements as well as general body muscle tensions.

After only a few months, the practice of Tai Chi allowed me to benefit of major stress reduction and it's negative effects on my body. Since I started to train, 9 months ago, I have not been to my chiropractor for my neck and lower back stiffness, my abdominal pain related to stress has almost entirely disappeared and I'm gradually getting back my calm. I realize that my physical and mental energy has a greater balance.

The practice of Master Lim's Sing Ong Tai Chi has help me heal my body and mind and has become, for me, a natural "drug" witch I can no longer ignore.

In what ways has SOTC helped you understand the principles of Tai Chi ?

I now realize that Tai Chi is much more than a sport. It is mostly a philosophy, a discipline and even better, a way of life witch helps me find my physical and mental balance.

Regular practice of the Tai Chi exercises adapted to my day to day activities helps me build my self confidence, self esteem, concentration, patience, tolerance and flexibility.

This non violent discipline is practiced slowly in a calm and relaxing environment. I strongly recommend it to anyone who wishes to increase their limits and discover calm and inner peace.

Luc Bélec

Le 19 janvier 2009

